



PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL

SUBJECT :- HEALTH AND PHYSICAL EDUCATION

WEEK :- 15th

GRADE :- 08

CREATED BY :- ZONAL EDUCATION OFFICE , EMBILIPITIYA

Let us Develop Health Related Fitness

15th lesson

Health Related Physical Fitness

Health related physical fitness factors are the factors that directly affect your health. These exercises can be performed by doing health related physical fitness factors.

Cardiovascular Endurance

Good cardiovascular endurance is the ability of the heart and respiratory system to function properly and provide more oxygen to the muscles.

Experiments

- Running continuously
- (800m men)
- (800m women)

Muscular Endurance

Muscular endurance is the ability of the muscles to work for a long time without getting fatigued.

Experiments

Push – ups

Muscular Strength

Muscular strength 4 : 5 the amount of energy that can be generated by the muscles in order to fulfill a task.

Experiments

Standing Jump

Flexibility

Flexibility is the ability to move or stretch through the joints.

Experiments

Try to touch your toes with your hands bending your body.

Body Composition

Body composition is the components which make up the body. It can be divided into two categories. Fat component and components that is free of fat. There are differences in the body of persons according to height and weight fat deposits are considered non – communicable diseases. BMI is very important to maintain body composition.

Experiments

- Measuring BMI
- Measuring waist circumference

Questions

1. What is health related physical fitness?
2. Write 5 advantages gain by developing health related physical fitness factors.